



HealthQuest

Wellness Champion Network Monthly Webinar

Thursday, October 13th - 11:00-11:45 am

Agenda

- ✓ Leadership Development
 - ✓ *With Special Guest Jack Bastable*
- ✓ "The Great Outdoors" October – ends Friday, October 28th
- ✓ HealthQuest Program Year Ending SOON!
- ✓ Have you gotten your Flu Shot?
- ✓ It's Open Enrollment!
- ✓ October HQ Seminar
- ✓ Q4 EAP Webinars/Q1 Campaign Preview



LEADERS HAVE A DESIRE TO CONTINUALLY LEARN

1. Identify a few sources, any area of interest, that will come to you regularly
2. Pick one area/source that is outside your specific area of interest as resource to get a different perspective
3. Share insights you have learned with a co-worker or friend



SOME SOURCES FOR CONTINUOUS LEARNING ABOUT LEADERSHIP

Ken Blanchard

<https://howwelead.org/>

John Maxwell

<http://www.johnmaxwell.com/resources/free-resources/>

Leadercast

<https://www.leadercast.com/>

5

“The Great Outdoors” October Challenge

3 - Activities:

Exercise Outdoors

Exercise Using a Park (City, County, or State)

Level 1: Exercise for 30 Minutes or More

Level 2: Exercise for 60 Minutes or More

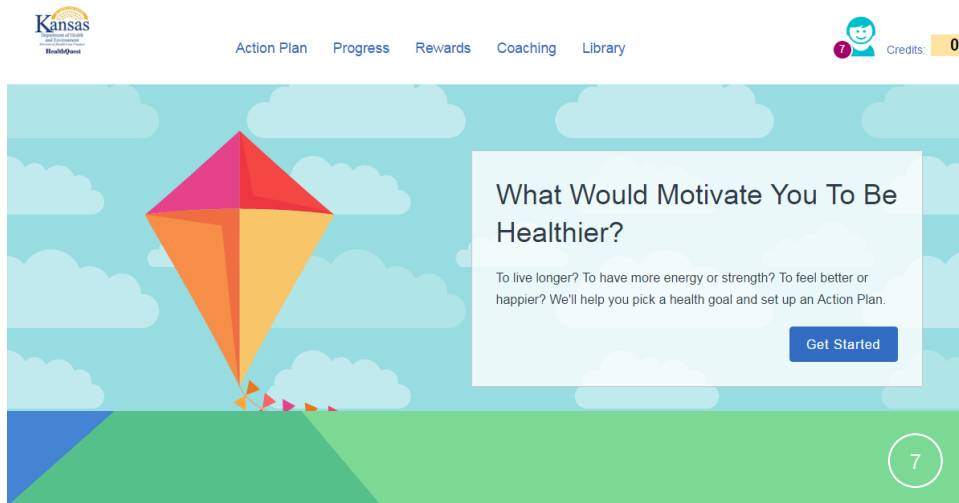


Ends Friday, October 28th

Record your Points on the HQ Portal by Friday, November 4th

6

HQ Program Year Ending Tuesday, November 15th, 11:00 p.m. Central Time



Flu Shots Available!



2016 Flu Clinics Continue Through October 31st

All Active employees, spouses, dependents over 18 years of age and retirees who are covered under Plans A or C of the State Employee Health Plan (SEHP) are eligible for a flu shot at no cost.

To schedule an appointment go to: www.occuvox.com, in the box labeled "Schedule My Appointment" enter the Company ID "Kansas" and Password "Kansas"



Open Enrollment Time is Here!

OPEN ENROLLMENT MEETINGS AND WEBINARS ARE GOING ON
ACROSS THE STATE NOW.

ENROLLMENT WILL BE DONE ONLINE IN THE MEMBERSHIP
ADMINISTRATION PORTAL (MAP)
SEHP.MEMBER.HRISUITE.COM

ENROLLMENT IS OCTOBER 1ST – 31ST

<http://www.kdheks.gov/hcf/sehp/PY2017-Info.htm>

9

October 2016 Seminar

Available on the Portal 10/1/16



Fall in Love with
Harvest Foods!

Seminar · 1 Credit ·  4

[Watch Seminar](#)

10

Quarter 4 Campaign – Financial Wellness

Financial resources include interactive webinars with financial experts and some of our most popular helpsheets. Don't forget, employees and household family members have unlimited telephonic access to EAP staff, CPAs, and Certified Financial Planners for your financial questions. The HealthQuest Financial Wellness Resource Guide is available now and includes information on:

- Budgeting Worksheets
- Articles on Getting out of Debt
- Tips for Dealing with Money Related Stress
- And Much More!

Click here to access: <http://www.kdheks.gov/hcf/healthquest/documents.htm>



Quarter 4 Webinar Schedule

- Tuesday, October 18, 2016 @ 3:00 pm
10 Strategies for Improving Your Finances
- Wednesday, November 16, 2016 @ 3:00 pm
Managing Personal Finances
- Thursday, December 22, 2016 @ 3:00 pm
The Psychology Behind Saving Money and Other Good Habits

Quarter 1 of 2017 – Physical Well-Being



October 2016 EAP Webinar

Tuesday, October 18th, 2016, 3:00 p.m.

10 Strategies for Improving Your Finances

The current economic climate brings both challenges and opportunities from a financial perspective. You may wonder during these challenging times: "What should I be most careful about" and "What should my family and I work towards?" The 10 financial tips discussed in this work shop will get you on the road to financial wellbeing during challenging times.

www.kdheks.gov/hcf/healthquest/eapwebinars.htm

13



Thank You for Joining Our October Meeting!

Next Meeting is **Thursday, November 10th**

✓ 11:00-11:45 am

Secret Question:

Open Questions/Comments

